

One-Page Workshop Summary

Maximizing Nutrient Yields from Small Pelagic Fisheries

This in-person workshop was held on 8 May 2026 in La Paz, Mexico, as part of the 2026 International Symposium on Small Pelagic Fish. The workshop was hosted by the ICES Working Group on Food Security and Nutrition (WGFSN) and co-hosted by the Global Action Network on Sustainable Food from the Ocean and Inland Waters for Food Security and Nutrition.

Small pelagic fish are essential to marine ecosystems as intermediaries between lower and upper trophic levels and are also central to food security and human nutrition. Rich in protein, omega-3 fatty acids, vitamins, and minerals, these species play an important role in supporting healthy diets and sustainable food systems.

This interdisciplinary workshop brought together 20 researchers, practitioners, and industry representatives to explore how nutrition considerations can be better integrated into fisheries management and aquatic food systems. Discussions focused on how nutrient composition varies among small pelagic species, how environmental and ecological factors influence these patterns, and how nutrient yield considerations can inform ecosystem-based fisheries management.

The workshop also examined how small pelagic fisheries contribute to livelihoods, trade, food cultures, and dietary outcomes across the value chain — from harvest and stock assessment through processing, distribution, and consumption.

Marian Kjellevold and *James Robinson* opened the workshop by introducing nutrition-sensitive fisheries approaches and the importance of integrating fisheries science, nutrition, ecosystem management, and food systems perspectives. Marian Kjellevold highlighted the nutritional diversity of aquatic foods and the importance of recognizing small pelagic species as key sources of micronutrients beyond protein alone. James Robinson emphasized the need for holistic, value chain approaches to improve nutrition outcomes through fisheries management and food system interventions.

Alexandra Pounds discussed the broader societal relevance of small pelagic fisheries, including livelihoods, equity, food preferences, and culinary heritage, drawing on examples from communities around Lake Victoria in Kenya. *Temiloluwa Akinyem* examined changing global trade patterns and the growing tension between the use of small pelagic fish for direct human consumption and for fishmeal production supporting aquaculture. *Andre Boustany* discussed governmental and market-based management through seafood certification and rating schemes and how these deal specifically with small pelagic species.

The workshop combined short expert presentations, interactive food-system mapping exercises, and interdisciplinary discussions designed to support collaborative learning and synthesis across disciplines.

As this was a collaborative workshop, final outcomes are still being synthesized. Discussions and group work will be further developed through follow-up collaboration and jointly prepared into a publication with participating contributors as co-authors.